APRIL/MAY 2025

# FNBC43/CNBC44 — LIFE STYLE DISEASES AND PREVENTION (NEM II)

Time : Three hours Maximum : 75 marks

Shanmuga Industries Arts & Science College T.V.Malai

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define a balanced diet and its importance.
2. Explain the role of dietary fiber in health.
3. Identify lifestyle disorders with two examples.
4. Describe how exercise benefits heart health.
5. Outline renal calculi and its causes.
6. Mention gallstone symptoms and causes.
7. Differentiate communicable and non-communicable diseases.
8. Give a brief note on yoga with two benefits.
9. Discuss stress management and its significance.
10. Describe stroke and its two main types.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Describe dietary fiber, its types, and health benefits.

Or

(b) Explain how vitamins and water support body functions.

12. (a) Analyze the impact of smoking and alcohol on health.

Or

(b) Discuss the symptoms, causes, prevention, and management of MVS.

13. (a) Examine stress and depression, their effects and management strategies.

Or

(b) Outline common physiological disorders with causes and symptoms.

14. (a) Summarize Coronary Heart Disease, its causes, symptoms, and prevention.

Or

(b) Discuss Tuberculosis, including causes, symptoms, and prevention.



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15. (a) Evaluate the role of yoga, swimming, walking and meditation in health.

Or

(b) Explain how diet, sleep and exercise improve overall well-being.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Analyze the composition of a balanced diet and the role of macronutrients in health.

17. Define lifestyle disorders, their causes, risk factors, and impact on health.

18. Examine food poisoning, including causes, symptoms, and prevention.

19. Compare communicable and non-communicable diseases, their causes, prevention, and public health impact.

20. Evaluate the importance of diet, exercise, and stress management in maintaining health.

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